



## The Molecular Links between Nutrients and Aging

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### Message from the Guest Editor

Achieving optimal lifespan and health in humans is the underlying driving force of medical science and biomedical research. The dietary intake of nutrients is essential for the longevity of all organisms, including humans. On the other hand, dietary restrictions, with a reduction in calories without causing malnutrition, has extended the lifespan and improved the health of multiple organisms, including monkeys. Importantly, both Eastern and Western cultures value food as medicine. However, the molecular correlation between nutrients and aging is poorly understood and much remains to be explored. Thus, understanding the molecular links between nutrients and aging is very important for optimizing human lifespan and health.

Please join this important discussion with the submission of your high-quality research papers, communications, and review articles to this Special Issue in the *International Journal of Molecular Sciences*, entitled “The Molecular Links between Nutrients and Aging”.





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## Message from the Editor-in-Chief

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